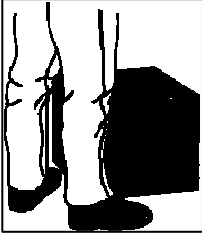
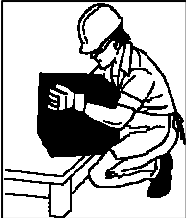

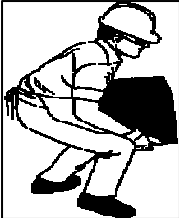


SUGAR GROVE FIRE DEPARTMENT
Back Injury Prevention Quiz

1. The spinal segment is composed of: two vertebrae, intervertebral _____ between the two vertebrae, two nerve roots that leave the spinal cord, one from each side
a. disk b. ligament c. tendon d. lobe
2. Back pain is often a result of injury or _____ (wear and tear) of the intervertebral disk.
a. Calcification b. Degeneration c. Osteoporosis d. Both A and C
3. A single incident of bending and twisting will cause the disk to tear.
a. True b. False
4. Many back injuries can be attributed to a single causal factor
a. True b. False
5. Back injuries account for one of every _____ injuries and illnesses in the workplace.
a. Three b. Five c. Seven d. Ten
6. The cause of back pain in about ____ of cases is strain or sprain of back muscles, ligaments or soft tissue.
a. 25% b. 50% c. 70% d. 90%
7. There are about 10,000 new SCI's every year; the majority of them (82%) involve males between the ages of ____.
a. 16-30 b. 35- 45 c. 46- 50 d. 51-55
8. People with back pain guard the injured area by using more muscles than they need to. The more muscles they use, the greater the load there is on the spine.
a. True b. False
9. Lifting objects slowly, as injured people also tend to do, helps lessen the harm. Moving slowly decreases the stress load on the spine?
a. True b. False
10. Habitually poor posture will cause increased aches and pains.
a. True b. False
11. Pushing carries a greater risk of strain and injury.
a. True b. False
12. Most back injuries occur while _____ over a long period of time.
a. lifting b. pushing c. pulling d. all of these
13. Proper use of equipment to lift and move objects is pivotal to preventing low back injuries?
a. True b. False
14. Training workers on the correct use of mechanical devices and proper lifting techniques should only be done at the original time of hire.
a. True b. False

15. OSHA Standards requires employers to train their employees to recognize the symptoms of back injury.
a. True b. False
16. Evaluating environmental factors such as size of the area, layout of the structure (obstructions), and the terrain can lead to a possible low back injury?
a. True b. False
17. Size and shape of the object handled can affect the employees center of gravity when it come time to lift the object?
a. True b. False
18. Gender, age, strength, health status do not have any direct correlation to low back injuries?
a. True b. False
19. The _____ zone for lifting is close to the body, between mid-thigh and mid-chest height.
a. work b. torque c. power d. strength

MATCHING: Match the terms below to the respective illustrations provided-

20.  21.  22.  23. 

- a. Begin slowly lifting with your LEGS by straightening them*
b. Get a firm grasp of the object before beginning the lift
c. Squat down bending at the knees (not your waist)
d. Stand close to the load with your feet spread apart about shoulder width

24. Something as simple as sitting back in your chair for support and not on the front edge is important in maintaining ones lower back health?
a. True b. False
25. OSHA mandates that employers provide on-going, comprehensive training on lifting mechanics and techniques.
a. True b. False